



D&T Riding for Ryan 31 July – 1 August 2014

The challenge

Sam Mosedale and Oli Phillips from our Lincoln office will be cycling a route of 201 miles around all 10 of the Duncan & Toplis offices over 2 days. They will be accompanied on each stage of the journey by other members of the D&T team, including some of the partners (see schedule below).

Day 1	
Lincoln to Louth	Tim Godson
Louth to Skegness	Leigh MacDonald & Jonathan Jackson
Skegness to Boston	Sarah Clyde & Sabrina Horton
Boston to Spalding	Sue Higham-Diggle & David Kime
Spalding to Stamford	Simon Shaw

Day 2	
Stamford to Melton	Edwin McClarty
Melton to Grantham	Andy Howett
Grantham to Sleaford	Andy Howett & Debbie Chambers
Sleaford to Newark	Tony Shearer
Newark to Lincoln	Ian Phillips

Why?

The team are raising funds for the **Ryan Smith Foundation**. This is a Skegness based organisation set up in 2013 by the family of Ryan Smith. Ryan was hit by a van in July 2013 while riding his bike to work. He wasn't wearing a helmet. He was 16 at the time of the accident and, like many teenagers, didn't like wearing one because it messed up his hair.

The accident left Ryan with serious brain injuries and he was in a coma for nearly 5 weeks. Remarkably though, he regained consciousness and is now under-going a programme of intensive rehabilitation. Just recently he took his first few steps in a hydrotherapy pool since the accident.

The family set up the Ryan Smith Foundation to raise money to assist those with brain injuries and their families. They are also working hard to promote cycle helmet safety awareness. For more information visit <http://ryansmithfoundation.org>.

We are delighted that Ryan's father, Mark, will be joining us on his bike for the whole of the first day of the challenge.

How to sponsor us

Please either send in a cheque made out to 'The Ryan Smith Foundation' to Hannah Clark, Duncan & Toplis, 4 Henley Way, Doddington Road, Lincoln, LN6 3QR **or** transfer the amount you wish to donate to a dedicated Duncan & Toplis account with the reference '**R4R Sponsorship**' – Account number: 30037311 Sort code: 20-50-21. Alternatively, you can drop off your sponsorship money at your **nearest D&T office**.

Follow us

On Twitter - @CycleTeamDT #ridingforryan

On Facebook – D&T Riding for Ryan

trust, strength, direction and value